

# FOR THE WIN

*A newsletter brought to you by NWSEM*

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July 2025



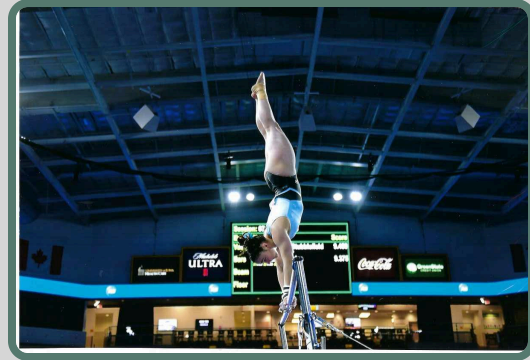
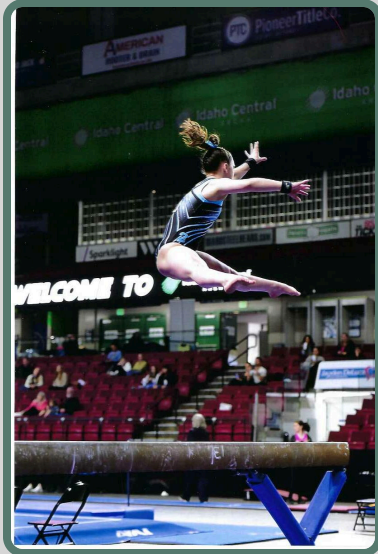
## Message from Dr. Fralich

Greetings NWSEM community!

It's hard to believe we are halfway through 2025 and that Northwest Sports and Exercise Medicine will be one year old on July 15. We have had so much to celebrate and be thankful for over the past year. **We want you to stop by our office on July 22 between 5:00 pm and 7:00 pm for our one-year anniversary party.** Feel free to bring your friends and family as we celebrate all the incredible people we have welcomed into our practice and who have been so supportive of our effort to improve access to high-quality, patient-centered medical care. We will have snacks, drinks, and treats as well as cool prizes including a Yeti cooler, tickets to a USL Velocity men's soccer game, tickets to a Gonzaga men's basketball game, a gift certificate for a round of golf, and a Hill's Resort gift card. Please make time to take care of yourselves this summer and get outside to enjoy the beautiful PNW; I will be biking, hiking, and fly fishing! See you on July 22.

Yours in Health,

Dr. Fralich



## Patient Spotlight - *Grace Allen*

At 17 years old, I've been involved in gymnastics for 14 years. Throughout that time, I've dealt with my fair share of injuries, and I've been seeing Dr. Fralich for many of them. My most recent injury, I dislocated my elbow and tore my ulnar collateral ligament (UCL). This injury has sidelined me for the past nine months, keeping me from doing anything that involves my arm and greatly impacting my performance.

Dr. Fralich has been treating my elbow—and now my wrist—with Shockwave therapy. Since starting treatment, I've experienced less daily pain and much better range of motion. I truly appreciate how caring and supportive Dr. Fralich and her team are. They always listen, take their time with me, and pay close attention to detail. I never have trouble getting an appointment, get in quickly and they genuinely want to help you get back to the sport you love.

I'm so grateful for the care I've received, and I would absolutely recommend Dr. Fralich at Northwest Sports & Exercise Medicine!

## Heat-related Illnesses

By Shay Hannigan-Luther

The 4<sup>th</sup> of July provides a great opportunity to enjoy fireworks, water sports, barbeques, and overly competitive family yard games. While most people are aware of the dangers associated with fireworks, there is another serious health risk that can be overlooked during the summer festivities: heat-related illnesses.

Heat illnesses exist on a spectrum, beginning with milder conditions and potentially progressing to life-threatening emergencies. Conditions such as heat cramps and heat rash may be initial indicators that a person's body is overheating and losing excessive water and salt through sweating. If you or someone else experience these, move to a cooler environment immediately and replenish fluids and electrolytes. Heat exhaustion is a more serious condition and occurs as fluid and electrolyte loss progresses. Symptoms of heat exhaustion include headache, dizziness, nausea, weakness, irritability, thirst, and decreased urine output. Left untreated, this can escalate to heat stroke. Heat stroke is a medical emergency with a high mortality rate if not treated immediately. It occurs when a person's core body temperature reaches 104°F or higher. The severity of this temperature increase causes a person's central nervous system to lose the ability to regulate temperature. Signs and symptoms of heat stroke include altered mental status, slurred speech, loss of consciousness, and seizures.

Although anyone can experience a heat-related illness, those working, exercising, or playing outdoors in hot environments can be particularly susceptible. To lower the risk of these conditions, it is important to take breaks from activity in shaded and cool areas and to ensure that you remain hydrated with both water and electrolytes throughout the day. If you notice any signs or symptoms of heat exhaustion, stop activity and attempt to cool your body by drinking cool fluids, moving to a cool environment, getting in cool water such as a lake or river, or placing cold materials on your neck and armpits. If you notice someone showing signs of heat stroke, contact 911 immediately and attempt to cool the person in any way possible. Cold water immersion is the gold standard for cooling a person's body temperature, but if this is not available, remove any excess clothing and apply ice packs, wet towels, or any other cold materials on the person's head, neck, armpits, and groin.

This 4<sup>th</sup> of July, and throughout the summer, enjoy the sunshine, but don't let the heat catch you off guard. Stay cool, stay hydrated, and stay safe!

**KOBE WAN KENOBI**  
Hoopfest 2025  
Photo by  
Shay Hannigan-Luther



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## Good 'n Healthy

By Claudia C.

### **Strawberry Salsa**

- 1 pint     Fresh strawberries, chopped
- 4           Plum tomatoes, seeded and chopped
- 1 small   Red onion, finely chopped
- 1-2 med   Jalapeno peppers, minced
- 2 T.        Lime juice
- 1 T.        Olive oil
- 2 cloves   Garlic, minced

In a large bowl, combine the strawberries, tomatoes, onions and jalapenos. Stir in the lime juice, oil and garlic. Cover and refrigerate for 2 hours before serving. Amazing as a dip with your favorite chips, over grilled chicken or fish...enjoy!



## **Upcoming Events**

### **One-Year Anniversary Patient Appreciation Event**

**When:** July 22, 2025 5 - 7 pm

**Where:** NW Sports & Exercise Medicine

**Who:** You, your friends and family!

### **Sports Performance & Leadership Summit Series**

**When:** Sept. 6, 2025 10 am - 1 pm

**Where:** Gonzaga Preparatory High School

**Who:** All Athletes Grades 9 - 12 and their coaches  
<https://www.spalsummit.com/events>

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***Click a link below to listen to Dr. Fralich's Podcast***

Spotify - What's Right With Healthcare

Amazon Music - What's Right With Healthcare

iHeart Radio - What's Right With Healthcare

Apple - What's Right With Healthcare



**Do you experience pain and numbness in your hand?**

**Do you find it difficult to grip objects with your hand?**

If so, you may be one of the millions of people suffering from a condition called **carpal tunnel syndrome**, which causes pain and tingling in your hand due to a compressed nerve.

**DON'T WAIT ANY LONGER TO GET OUT OF PAIN AND BACK TO LIFE.**

Now you can get rapid relief from carpal tunnel pain, recover quickly, and get back to the things you want and need to do. All thanks to carpal tunnel release with ultrasound guidance.

The procedure can be performed using local anesthesia in a procedure room or office setting. Most patients can return to normal activity in 3 to 6 days.<sup>1,2</sup>



**RECOVERY IN DAYS, NOT MONTHS.**

**We now offer carpal tunnel release with ultrasound guidance.**

Call today to see if carpal tunnel release with ultrasound guidance is right for you.

Northwest Sports and Exercise Medicine (509) 703-7866

REFERENCES: 1. Eberlin KR, Amis BP, Berkgigler TP, Dy CJ, Fischer MD, Gluck JL, Kaplan FTD, McDonald TJ, Miller LE, Palmer A, Perry PE, Walker ME, Watt JF. Multicenter randomized trial of carpal tunnel release with ultrasound guidance versus mini-open technique. *Expert Rev Med Devices*. 2023 Jul;20(7):597-605. <https://doi.org/10.1080/17434440.2023.2218543> 2. Paterno AL, Marwin VM, Paterson PD, Alexander RD, Nelson JT, Miller LM, PhD, PStat. Office-based carpal tunnel release with ultrasound guidance: 6-month outcomes from the multicenter ROBUST trial. *J Hand Surg Glob Online*. Feb 19, 2024. <https://doi.org/10.1016/j.jhsg.2023.12.005>



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